

LETTER OF INTENT TO APPLY FOR CONTRACT

Under Title III of the Older Americans Act
Fiscal Year July 1, 2026 through June 30, 2027

Summary Sheet

Applicant Agency: Bozeman Senior Center Project Director: Shannon Bondy
Mailing Address: 807 N. Tracy Avenue Street Address: 807 N. Tracy Avenue
City, State, Zip: Bozeman, MT 59715 City, State, Zip: Bozeman, MT 59715
E-Mail: shannon@bozemanseniorcenter.org E-Mail: shannon@bozemanseniorcenter.org

Type of Organization:
 City County Private Non-Profit Other (specify): 501(c)3

Geographic area to be served: Gallatin County - Bozeman, Three Forks, West Yellowstone

List services to be provided:	Estimated # of unduplicated <i>persons</i> to be served during project period for each service type:	Estimated # of unduplicated <i>units</i> of service during project period for each listed service type:
<u>Foot Clinic & BP checks</u>	<u>530</u>	<u>13,564</u>
<u>15 classes offered each week</u>		
<u>Fitness room with cardio & weights</u>		
<u>Rehabilitation room with commercial exercise equipment</u>		

Applicant agrees that the project described in this Letter of Intent will be operational July 1, 2026 through June 30, 2027 and certifies that to the best of my knowledge and belief, the information in this application is true and correct and the attached conditions will be complied with if the contract is awarded.

Shannon Bondy
Type or print person authorized to sign
Executive Director

Title
Mary Orr
Type or print person authorized to sign
Board President
Title

Shannon K. Bondy
Signature

Date
Mary Orr
Signature
03/19/26
Date

4. Statement of how your project will fulfill the mission of the Older Americans Act. (Include a description of criteria for selection of clients, outreach and targeting activities and how the project fulfills the objectives of the Older Americans Act.)

5. If extra funding was available, what would you do to increase services and how would you plan to spend the money?

The Older Americans Act requirements state that aging providers are supposed to “target resources from all appropriate sources to meet the needs of older persons with the greatest economic or social need, with particular attention to low income, low income minority, those residing in rural areas, and elders who are disabled and frail. Providers are also required to ensure access to service based on certain economic, demographic and geographic factors.”

6. Please provide letters of support from other local community-based and/or institutional programs, agencies or organizations involved with older adults.
7. List wage range of all employees funded in full or in part by this contract: \$ _____ to \$ _____.
8. Is this project covered by liability insurance? _____ How much? _____
8. How many years has this project received Title III funds: _____
10. Please provide a **detailed** estimated budget for this Title III service for the fiscal year 2026-2027 as follows (list appropriate estimated resources):

PLEASE FILL IN THE FORM BELOW, YOU MAY SUBMIT ADDITIONAL SUPPORTING DOCUMENTATION IF NECESSARY.
 (Your expenses should equal your resources)

Expenses:

Personnel and fringe: _____
 Supplies: _____
 Raw food/meals: _____
 Commodities: _____
 Communications: _____
 Utilities: _____
 Repairs/maintenance: _____
 Travel/training: _____
 Building space: _____
 Insurance: _____
 Equipment: _____
 Contracted services: _____
 Audit: _____
 Other: _____
TOTAL: \$ _____

Resources:

Area IV Funds: _____
 Project income: _____
 Other Resources: _____
 Cash in Lieu: _____
 Commodities: _____
 Match: _____
 Other: _____
 Other: _____
TOTAL: \$ _____

Application deadline - The electronic application and 2 copies must be received by Rocky before 4 p.m. Friday, March 27, 2026. Applications received after this deadline date will not be considered for funding.

The contractor presentations will be on Zoom again this year.

The date of the Area IV Board Meeting is May 21, 2026 at 9:00am.



March 21, 2025

Jim Marks
Area IV Agency on Aging
PO Box 1717
Helena, MT 59624

Dear Jim:

I am writing to express my enthusiastic support for the exercise and wellness programs offered through senior centers in Gallatin County, Montana. These programs are not only beneficial—they are essential to the physical, mental, and social well-being of our older adult population.

As we know, regular physical activity helps seniors maintain mobility, balance, and strength, all of which are crucial for independent living and fall prevention. But beyond the obvious health benefits, these programs offer something just as important: connection. Senior center fitness classes create a welcoming, inclusive environment where participants can engage with peers, form friendships, and build community.

In a county as geographically broad and diverse as Gallatin, our senior centers provide accessible, local opportunities for healthy aging. Whether it's a low-impact aerobics class, chair yoga, strength training, or walking groups, these programs empower older adults to take charge of their health in supportive and encouraging settings.

Investing in senior fitness is a proactive step that reduces long-term healthcare costs, supports mental well-being, and enhances quality of life. As our senior population continues to grow, the need for robust, well-funded exercise and wellness programs will only increase.

I strongly urge continued support and expansion of these vital programs. They are an investment not just in individual health, but in a vibrant, active, and connected community for all generations.

Sincerely,

Margaret

Margaret Mason
Chief Development Officer

406.587.4486

hello@thehrdc.org

206 E Griffin Dr
Bozeman, MT 59715

Mr. John Gorton
RMDC
PO Box 1717
Helena, MT 59624

Dear Mr. Gorton

I am writing to express my strong support for the Bozeman Senior Social Center fitness programs. Each of the fitness classes offered at the Center provides physical and mental activities as well as socializing opportunities for our seniors. Below are some of the comments the students in my line dancing classes shared when I asked them what line dancing has meant to you.

Good exercise, helpful with balance and coordination and a chance to meet new folks.

Good exercise for my body and greater exercise for my mind. Warm accepting atmosphere. Working on coordination and moving with grace.

Line dancing is great brain stimulation. The camaraderie and new friends is almost as important as the dancing.

We have fun, we're socializing and we're getting excellent exercise.

A great workout for the body and the brain. A way to interact and socialize with others. And laugh with each other.

Line dancing means to me the motivation of living, expression of my body with music, individual activity as well as group dynamics, mental challenge of remembering steps and opportunity to develop relationships. Physical strength too.

Great therapy while dealing with grief! I love it! It makes me smile!

Brings more joy to my day!! and who doesn't need more of that!!!

I am more upbeat, more joyful and my attitude is more positive. It is helping my balance and is about 2.5 miles of steps in one class. And the best part is I have about 30 new friends!!!

It brought joy back into my life (after sudden loss of her son). The music, the kind, encouraging people, the feeling of accomplishment when I finally figure out a dance and the laughter have all made my sadness and loss become more bearable. It has given me something to look forward to and I truly enjoy it and forget about life's problems for awhile.

The participants comments above reflect the impact of the all of the fitness programs at the Bozeman Senior Social Center.

Dancing (and other exercise programs) combines some of the best elements known to be associated with longevity: exercise, creativity, balance and social connection. In fact, one study found that people who danced frequently (more than once a week) had a 76% lower risk of dementia than those who did so rarely. Other studies found that social dance-based activities were associated with a 37 percent reduced risk of falling as well as improvements in balance and lower body strength.

The Bozeman Senior Social Center exercise programs provide physical, mental, emotional, and social benefits to the participants. They improve the quality of life and health of the seniors it serves.

Funding support would allow the Bozeman Senior Center to sustain and expand the valuable exercise programs it offers. The health and well being of the seniors it serves benefit from the fitness programs it provides.

Sincerely,
Judith A Maxson PhD
Line Dancing Instructor.

1202 S Spruce Dr
Bozeman, MT 59715

Attention: Shannon Bondy, Executive Director
Bozeman Senior Social Center
807 N Tracy
Bozeman, MT 59715

February 3, 2026

Dear Shannon,

The exercise programs offered at the Bozeman Senior Center are top notch. I currently participate in the Strength Training classes 3 days a week. The word is getting out, and we can have as many as 35-40 attendees each morning! The instructors are positive role models who gently encourage us to increase our weights periodically and do their best to keep us safe by reviewing proper form often.

I recently started line dancing. It's more vigorous than I thought! 😊 Learning all the steps are great brain exercises as well as being lots of fun! That program is also seeing an increase in participation, which is great!

As a retired nurse, I do my best to "walk the talk" of a healthy lifestyle, and participating in the exercise programs offered here is a big part of that. I also appreciate the social aspect of seeing people I enjoy each day.

The variety of programs which, besides the ones I mentioned above, include: Core on the Floor, Tai Chi, Strong People, Gryokinesis, Ballroom Dance, Balance/Agility, Yoga/Spinal Alignment, Flexibility is really impressive.

On behalf of fellow participants, I want to say THANK YOU for such a great selection of exercise offerings. There is a class for any level of fitness desired besides offering the exercise room open each day for people to use on their own. I know the recumbent bike has been a real benefit to folks after knee replacements.

Rina Donaldson, who oversees the exercise portion of the Senior Center offerings is a real gem. THANK YOU for all her hard work too! The modest cost of \$20/month for so many options is really appreciated as well.

Sincerely,

e. s. Rachel Rockafellow, RN
Bozeman Senior Center Member & Fan